Home, garages damaged

Winnipeg crews kept busy with separate blazes PAGE 2

BRAND'S NOT JOKING AROUND

COMEDIAN DEFENDS EX KATY PERRY BY SCOLDING A HECKLING FAN PAGE 8

WINNIPEG metro®

Tuesday, May 8, 2012

News worth sharing.

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Residents get flood of relief

Compensation.
Province hires more staff to deal with flood backlog

Manitoba is hiring more staff to deal with the number of compensation claims that continue to pile up a year after flood waters receded in most areas of the province.

The provincial government has announced it will hire eight more appraisers and 14 other staff to deal with 30,000 claims submitted under various programs — everything from disaster assistance to agricultural support.

"We're gearing up with significant new staff resources," Infrastructure and Transportation Minister Steve Ashton said Monday.

The Liberals criticized the announcement as window-dressing.

Liberal Leader Jon Gerrard said the extra staff should have been hired last summer, shortly after rising rivers and lakes drove thousands of Manitobans from their homes and cottages.

Some property owners along Lake Manitoba, one of the worst-hit areas, have complained they have been unable to get answers or money from the province.

Ashton was unable to say exactly how many claims have yet to be processed and how many that have been processed are under appeal.

Roughly half of the disaster-assistance claims have been processed, the government estimated, but less than half of the other types of claims have been tackled.

Ashton also announced help for municipalities.

The province has committed to cover 90 per cent of the City of Brandon's flood-preparation work — roughly double the original commitment, he said.

Huge walls of sandbags were erected in low-lying areas of Brandon last spring, and dikes were built up to protect the city from the rising Assiniboine River.

The government is also giving seven smaller municipalities one-time grants to help their rebuilding efforts and make up for lost tax revenues from flooded properties.

THE CANADIAN PRESS

EYES ON INTERSECTION

A new art installation arrived at Winnipeg's iconic Portage and Main. The statue, titled North Watch, is of a male figure with a loyal pooch beside him. It was unveiled during a blustery Monday morning at the Richardson Centre Plaza, on the west side of the Richardson Building. SHANE GIBSON/METRO

Driving home the message

People reminded to focus on road safety as the busy summer driving season approaches PAGE 2

The myth of Bob Marley

New documentary shows the many sides of the iconic Jamaican singer PAGE 6

Clowning with care

New clowning therapy approach brings some relief to infertility patients PAGE 9

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NEWS

In brief

Argentine ad draws ire of Olympic committee

Argentine state-run television continues to broadcast an ad denounced by the International Olympic Committee, which says the spot links the London Games to a long-running dispute with Britain over the Falkland Islands. The IOC warned that the Olympics should not be used "to raise political issues." Watch at metronews.ca

More bite in the kitchen

Saucy sisters and authors of the Bite Me cookbook have taken their fun and easy cooking style to paperback once again. Julie Albert and Lisa Gnat have collaborated on Bite Me Too, a cookbook peppered with humour, trivia, pop-culture references and user-friendly recipes. Read more at metronews.ca

On the web

After the January crash of the Italian cruise ship Costa Concordia that killed 32 people, the company is putting in place new safety rules, including limiting captains' powers. Scan the code for the story.

Police investigation

Teen shot in canoe near Split Lake

Thompson RCMP are investigating after a teenage boy was shot near Split Lake Cree Nation over the weekend.

Officers were called to a location about 30 kilometres south of the First Nation where a 14-year-old had been reportedly shot while in a canoe with a 23-year-old man from Split Lake.

RCMP said early reports suggest the pair were on their way back from duck hunting when a firearm discharged, striking the youth. Police say the incident caused the canoe to capsize near shore and both occupants were able to make their way to shore and out of the bush by ATV, where two Split Lake paramedics who happened to be in the area transported the victim to the local nursing station.

The victim has since been transported to hospital in Winnipeg and is reported in stable condition.

SHANE GIBSON/METRO

Liquor commission

Tories want NHL ticket list

Manitoba's official Opposition wants to know who is getting free NHL tickets from the province's liquor commission.

The president of the commission, Roman Zubach, recently told a legislature committee the commission pays $250,000 per year to advertise inside the MTS Centre, home of the Winnipeg Jets. As part of the deal, the commission gets 10 season tickets.

THE CANADIAN PRESS

MPI summer student Kaitlyn Tomchuk pretends to be a train at a railway crossing for five-year-old Marco, who was participating in the Mini Car Town safety program behind the Manitoba legislature on Monday. BERNICE PONTANILLA/METRO

Driving home the message for safety

Friendly reminder. May long weekend to see major police road enforcement

BERNICE PONTANILLA
bernice.pontanilla@metronews.ca

Drivers, take note: The May long weekend will see plenty of police officers out enforcing the rules of the road.

Justice Minister Andrew Swan issued the friendly reminder near the front steps of the Manitoba legislature during the launch of the annual Canada Road Safety week, which runs May 14 to 21.

"Not only this week, but every week, I remind motorists to make the choices that keep them and their families safe when they hit the road," Swan added.

Representatives from various police organizations and Manitoba Public Insurance joined Swan at the launch.

According to Larry Beechey, deputy commissioner and provincial commander of traffic safety and operational support with the Ontario Provincial Police, there are four factors that contribute to vehicle fatalities.

They are: Impaired driving, including alcohol, drugs and fatigue; not using seat belts; aggressive driving such as excessive speeding, stunt driving or racing; and distracted driving, such as texting, which has become the top road-safety issue in the last while.

"So please, when you get into your vehicle, take note of the (top) four," said Beechey. "Together we can make a difference."

Winnipeg police Chief Keith McCaskill, who is also president of the Manitoba Association of Chiefs of Police, said the responsibility for safe roadways lies not just with police, but also with each and every driver.

Winnipeg's first checkstop took place Monday afternoon at Highway 59 and Perimeter North.

At the same time as the launch, MPI set up its Mini Car Town, which teaches children between the ages of four and seven about basic traffic signs and the rules of the road. Four children participated in Monday's event, but the program can handle up to 24. It is available through MPI's website.

Follow Bernice Pontanilla on Twitter @MetroBee

No injuries reported. Fires cause $80,000 damage to home, garages

Three fires kept the Winnipeg Fire Paramedic Service busy Sunday night and into Monday morning.

Crews responded to a house fire on Blake Street in Winnipeg's Weston area around 8:53 p.m. Sunday that caused $50,000 in damages.

No injuries were reported in the fire and the cause is still under investigation.

Then, early Monday, firefighters were called to two separate garage fires that broke out within blocks of each other in the North End.

The first started around 2 a.m. in a detached double-garage on Aikins Street and caused $20,000 in damages.

A fire on Aikins Street caused $20,000 in damages. DAVE BAXTER/FOR METRO

The second blaze at a detached single-car garage on Alfred Avenue started shortly after 5 a.m. and caused about $10,000 in damages.

No one was injured in either garage fire and the cause of each is still under investigation. SHANE GIBSON/METRO

One-stop shop

Liquor Mart Express grocery store coming to Safeway

Winnipeggers will soon be able to buy bottles with their broccoli as the MLCC starts work on the city's first grocery store Liquor Mart Express location.

"The innovative, new Express stores will allow the public to shop for groceries and alcohol in one location, while ensuring these products continue to be sold in a socially responsible manner," said Jim Rondeau, the minister responsible for the Liquor Control Act.

The 755-square-foot store opens later this summer at the Safeway at 2155 Pembina Hwy.

SHANE GIBSON/METRO

Interlocks. Proposed legislation would crack down on drinking and driving in Manitoba

Drivers who get caught impaired behind the wheel will face a rougher ride under proposed amendments to the Highway Traffic Act announced Monday.

The new legislation would expand the ignition-interlock program to all first-time impaired-driving offenders.

"In some way, we've all been negatively touched by the impacts of drinking and driving — a senseless act that's 100 per cent preventable," said Justice Minister Andrew Swan. "By taking the steps we're taking, we're sending a strong message that drinking and driving is not acceptable."

Ignition-interlock devices are breathalyzer-like devices that keep a vehicle from starting if the driver has been drinking.

Currently, ignition-interlock use is mandatory for convicted impaired drivers granted a conditional driver's licence during their suspension, repeat offenders, offenders convicted of impaired driving causing bodily harm or death, and those charged with a child passenger in their vehicle.

The proposed legislation would also stiffen penalties for those required to use an ignition interlock caught driving without one. SHANE GIBSON/METRO

Peres. Israeli president lauds 'always positive, never indifferent' Canada

Shimon Peres thanked Stephen Harper for his staunch support of Israel, and Canada for its 60 years of friendship Monday as the Israeli president began a full state visit.

"I sense that Canada is always positive, never indifferent, never neutral," Peres said during his official welcome by the Governor General at Rideau Hall.

The Nobel laureate has been a fixture in Israeli politics since 1959, serving in 12 cabinets and twice as prime minister. He is currently the country's head of state — a largely ceremonial role — but remains an influential figure and a perceived leavening voice to hawkish Prime Minister Benjamin Netanyahu.

The president's five-day trip to Canada began as Netanyahu called an early national election amid talk of an "existential threat" to Israel from Iran's nuclear program.

Peres has expressed reservations about a pre-emptive strike against Iran, and his language upon arriving in Canada was that of the diplomat who won the Peace Prize in 1995 for his work with Yasser Arafat and Yitzhak Rabin on the Oslo Accords.

Israeli President Shimon Peres with Prime Minister Stephen Harper. ADRIAN WYLD/THE CANADIAN PRESS

"Canada offers a new beginning, building bridges and closing gaps," Peres, who turns 89 in August, said at Rideau Hall.

"Israel, which is a start-up nation, breathes your air with real thirst."

Escorted up the Rideau Hall drive in brilliant spring sunshine by four mounted RCMP officers, Peres later planted an Eastern White Pine — known by the Iroquois as the Tree of Peace — on the grounds.

The Israeli president was greeted by the prime minister in the rotunda of Parliament's Hall of Honour.

THE CANADIAN PRESS

Seized. Thousands of capsules made with powdered flesh from babies

South Korea has seized thousands of smuggled drug capsules filled with powdered flesh from dead babies.

Some people believe this powder can cure disease, officials said Monday.

The capsules were made in northeastern China from babies whose bodies were chopped into small pieces and dried on stoves before being turned into powder, the Korea Customs Service said.

Customs officials refused to say where the dead babies came from or who made the capsules, citing possible diplomatic friction with Beijing.

Chinese officials ordered an investigation into the production of drugs made from dead fetuses or newborns last year.

The customs office discovered 35 smuggling attempts since August of about 17,450 capsules.

The capsules of human flesh contained bacteria and other harmful ingredients.

THE ASSOCIATED PRESS

New underwear bomb

Al-Qaida plot thwarted

The CIA put a stop to an ambitious plot by al-Qaida's affiliate in Yemen to destroy a U.S.-bound airliner using a bomb with a sophisticated new design.

The plot centred around the one-year anniversary of the killing of Osama bin Laden.

It involved an upgrade of the underwear bomb that failed to detonate aboard a jetliner over Detroit on Christmas Day, 2009. This new bomb was also designed to be used in a passenger's underwear, but this time al-Qaida developed a more refined detonation system, U.S. officials said.

The FBI is examining the latest bomb to see whether it could have passed through airport security and brought down an airplane. The device did not contain metal.

THE ASSOCIATED PRESS

Deborah Murphy, mother of Michael Rafferty, walks from court on Monday during a break at her son's murder trial. DAVE CHIDLEY/ THE CANADIAN PRESS

McClintic a liar, argues defence

Michael Rafferty trial. Accused's mother claims outside court that her son is not guilty of killing Victoria Stafford

Terri-Lynne McClintic is like "Jekyll and Hyde," casting herself as an unwilling participant in her lover's scheme to abduct a child, when in fact the bloodthirsty young woman sought out Victoria Stafford and savagely murdered her, Michael Rafferty's lawyer suggested Monday.

The kidnapping was not orchestrated by Rafferty, there is no objective evidence that Rafferty raped Tori as alleged, and he is not the one who wielded the hammer, Dirk Derstine suggested. For McClintic to testify otherwise is "absurd," he said.

The defence presented closing arguments Monday, and Rafferty's lawyer told the jury they shouldn't let the "unspeakable tragedy" of what happened to Tori overwhelm their deliberations.

Rafferty was there when Tori died from blows to the head with a hammer, and he may have even come to realize at some point in the two and a half hours the little girl was being held against her will, Derstine told the jury.

The rest, he scoffed, is a fiction invented by a troubled woman who "perjured herself over and over and over again."

McClintic, who has a proven history of violence and torture ideation, was the true engine behind Tori's death, Derstine said.

Michael Rafferty's mother was at the London, Ont., courthouse. She said her son is not guilty of killing Victoria.

The Crown makes its closing address Tuesday.

THE CANADIAN PRESS

Vladimir Putin on Monday after he was sworn in as Russia's president. VLADIMIR RODIONOV/THE ASSOCIATED PRESS

Putin begins yet another term

Vladimir Putin took the oath of office in a brief but regal Kremlin ceremony on Monday.

Outside, on the streets, thousands of helmeted riot police prevented hundreds of demonstrators from protesting his return to the presidency.

Putin, 59, has ruled Russia since 2000, first as president and then during the past four years as prime minister. The new, now six-year term will keep him in power until 2018, with the option of running for a fourth term.

"I consider serving the fatherland and our people to be the meaning of my whole life and my duty," Putin said in addressing 3,000 guests in a Kremlin hall glittering with gold leaf.

Despite unprecedented security measures in the centre of Moscow, where streets were closed to traffic and passengers prevented from exiting subway stations, at least 1,000 opposition activists tried to protest along the route Putin's motorcade took to the Kremlin

THE ASSOCIATED PRESS

Four Air Canada execs earning more as CEO earns less

Earnings. Despite airline's plummeting share price, top brass received first-class treatment in 2011

The compensation package for Air Canada's CEO fell 12 per cent last year, while the payouts of the airline's four other top executives soared even though continued losses drove its share price down more than 70 per cent.

Calin Rovinescu earned $4 million in 2011, down from $4.55 million a year earlier, but higher than the $2.6 million during his first nine months on the job in 2009, according to a proxy circular.

Chief financial officer Michael Rousseau, chief operating officer Duncan Dee, chief commercial officer Benjamin Smith and senior vice-president of operations David Legge each saw their compensation increase by between 18 per cent to nearly 47 per cent.

Proxy report

- One of Rovinescu's key accomplishments was to manage through several actual and threatened labour disruptions, including a three-day strike by service and airport workers with minimal passenger disruption, said the proxy report.
- Air Canada is taking its annual shareholders meeting on the road this year to Calgary, headquarters of its chief rival WestJet Airlines.

Base salaries remained mostly steady but each executive saw large gains in share and options-based awards while non-equity incentives fell.

Rousseau's compensation grew to $1.68 million, Dee's was $1.62 million, Smith made $1.37 million and Legge's was up to $1.15 million.

Rovinescu's compensation doesn't include the $5-million retention bonus awarded in March, which will show up on next year's compensation.

However, 280,000 options granted to him over the past two years were cancelled at his request. The Montreal-based airline lost $249 million or 92 cents per share last year despite a 7.7 per cent increase in revenues to $11.6 billion.

Still, the executives were rewarded for having increased revenues, mitigating fuel-expense increases, preserving liquidity, surpassing cost-cutting targets, achieving high load factors and achieving 90 per cent of the pre-tax operating earnings targets despite fuel and labour challenges.

THE CANADIAN PRESS

Buffett backs pipeline

Billionaire Warren Buffett, pictured above during an interview with the Fox Business Network in Omaha, Neb., on Monday, says he supports the Keystone XL pipeline that TransCanada wants to build to carry Canadian oil south across the Great Plains to connect to Gulf Coast refineries. The chairman and CEO of Berkshire Hathaway, meanwhile, is keeping secret the identity of the person likely to succeed him as CEO but he is narrowing the field — he says the top choice and two backups are men. NATI HARNIK/THE ASSOCIATED PRESS

Pepsi. Heirs of developer sue company

The heirs of the man who helped develop the formula for Pepsi are suing the soda company over their right to share with the public documents detailing their father's invention.

The daughter and son of Richard Ritchie say PepsiCo Inc. is interfering with their ability to market or sell the rights of their father's life story and documents detailing his 1931 soda formula. The suit seeks a declaration that their disclosure of the documents would be protected by First Amendment rights and wouldn't be considered a trade-secret violation.

"The original formulas of iconic beverages and the lore that surrounds their genesis and provenance are of great interest to the public," the suit states.

In a lawsuit filed in Manhattan federal court, Joan Ritchie Silleck and Robert Ritchie also seek unspecified damages for "unjustified and improper acts that have interfered" with their rights regarding their father's documents.

A representative for PepsiCo said the Purchase, N.Y., company does not comment on pending litigation.

THE ASSOCIATED PRESS

New Flyer teams with Alexander Dennis for bus

Bus builder New Flyer Industries Inc. is teaming with British counterpart Alexander Dennis Ltd. to introduce a North American medium-duty low-floor bus.

The so-call "midi bus" will be specifically developed and tested to a 10-year operational life.

The strategic partnership is aimed at building on New Flyer's North American market-leading position and the midi bus design expertise of Alexander Dennis.

Alexander Dennis has delivered more than 16,000 of this class of bus to customers throughout the United Kingdom, Hong Kong, New Zealand and Australia.

"Transit operators are faced with unprecedented pressure to operate and adapt their fleets in today's tough economic conditions," said New Flyer president and CEO Paul Soubry.

"With the escalating costs of fuel and maintenance, there are many of our transit customers' routes that do not require a full-sized, heavy-duty bus with a 12-year design life."

Soubry said the company also believes that private shuttle operators in North America are looking for a "high-quality product" of this type.

New Flyer estimates the North American market for midi buses could be approximately 1,000 vehicles on an annual basis.

New Flyer will be responsible for sales, marketing, manufacturing and aftermarket support, while Alexander Dennis will do the engineering, testing and prototype-development work.

Prototypes will be built this summer, with a planned market launch in early 2013 and they will be offered to both public transit and private operators.

Propulsion system options will range from clean diesel to electric hybrid and compressed natural gas

THE CANADIAN PRESS

Bus manufacturers

New Flyer is the leading manufacturer of heavy-duty transit buses in Canada and the United States with manufacturing facilities in Winnipeg and St. Cloud and Crookston, Minn.

- It also has a parts-fabrication facility in Elkhart, Ind., and four parts centres in Winnipeg, Erlanger, Ky., Fresno, Calif., and Brampton, Ont.
- Alexander Dennis is Britain's biggest bus and coach manufacturer with build partnerships in Hong Kong, China and New Zealand.
- New Flyer will be responsible for sales, marketing, manufacturing and aftermarket support, while Alexander Dennis will do the engineering, testing and prototype development work.

Wire services. Postmedia cuts 25 jobs in Ottawa

Postmedia Network Inc. announced Monday 25 jobs had been slashed after the company decided to shut down its Ottawa-based wire services and sign a contract with The Canadian Press.

The newspaper chain issued a memo to its staff announcing a "strategic decision" had been made to cut its Ottawa bureau's breaking news staff and refocus on "more fulsome reporting and commentary on national politics."

About 25 of the 58 employees at Postmedia's Ottawa bureau were issued layoff notices, according to spokeswoman Phyllise Gelfand. Those layoffs will take effect "over the next few weeks."

Under the new agreement announced Monday, CP will feed Postmedia's 10 daily newspapers and Canada.com with international and breaking news content from both its own wires and The Associated Press. "Managing and producing commodity news is not a strategic benefit for our business," the memo said.

TORSTAR NEWS SERVICE

United Arab Emirates

Bank of Montreal opening office in Abu Dhabi

Bank of Montreal said Monday it is setting up a representative office in the United Arab Emirates as part of an expansion plan. The bank has been operating in the region for nearly half a century, it said, and the move will expand its asset-management and investment-banking services to clients in the Middle East and North Africa.

THE CANADIAN PRESS

Market Minute

DOLLAR 100.7¢ US (+0.25¢)

TSX 11,860.66 (-10.58)

OIL $97.94 US (-55¢)

GOLD $1,639.10 US (-$6.10)

Natural gas: $2.336 (+5.7¢)
Dow Jones: 13,008.53 (-29.74)

StatsCan. Non-residential permits still going strong

House-building intentions continued to slow in March, but the construction industry as a whole still looked strong thanks to plans for new institutional and commercial building.

Statistics Canada said Monday that building permits rose an above-consensus 4.7 per cent to $6.8 billion for the month, following a 7.6 per cent gain the previous month.

Economists had expected a more modest 1.5 per cent increase. But all the action was on the non-residential side. Institutional building intentions rose a stunning 88.4 per cent, mainly for government buildings and medical facilities in Ontario. Meanwhile, the value for commercial buildings rose by 15.3 per cent.

Overall, non-residential intentions were up 13.9 per cent to $2.9 billion as the industrial component fell 42.8 per cent.

But the value of permits for the larger residential construction sector slipped by 1.3 per cent to $3.9 billion, the sector's third consecutive month of decline.

THE CANADIAN PRESS

UNEXPECTED LIFE LESSONS FROM MOM

SHE SAYS...
Jessica Napier
metronews.ca/shesays

With another Hallmark holiday coming up this weekend, I wanted to mark the occasion without boring you with yet another Mother's Day gift guide. And since mom really does know best most of the time (except when it comes to using Facebook), I thought I'd share some of the pieces of wisdom my mother has given me over the years.

Don't be so concerned with what "everyone else" is doing. There is no "right way" to live — there is only your way. Being normal is extremely overrated, so don't allow other people's expectations and timelines dictate how you live your life.

Proper nutrition is important. In the summer months, drink plenty of sangria in order to increase your daily fruit intake.

Location, location, location. This old real-estate adage can be applied to both house-hunting and life-living. Over the course of her 50-something years, my mother has always practised regular relocation: jobs, houses, countries, etc. She constantly encourages me to visit new places, see new things and get a new perspective.

Mom's the word

Over the course of her 50-something years, my mother has always practised regular relocation: jobs, houses, countries, etc. She constantly encourages me to visit new places, see new things and get a new perspective.

Put your best foot forward. The bad footwear choices of your 20s will come back to haunt you later on in life. Sadly, the threat of flat feet and an orthotics dependency haven't actually stopped me from investing in a closet full of unsupportive shoes. Sorry, mom.

Keep your home in bloom. Never depend on someone else to buy you flowers. You'll never regret treating yourself to a beautiful bouquet every once in a while.

One man's trash is a college student's entire living-room set. Before moving into my first student house, my mom insisted on trolling our neighbourhood to look for curbside couches and side tables. I was mortified as I watched her load up our minivan with hand-me-down furniture scavenged from other people's driveways, but you know what? It was an extremely cheap way to furnish a home for a bunch of jobless 20-year-olds. Who needs dignity when you have a free desk chair?

Players only love you when they're playing. Fleetwood Mac's entire discography is an appropriate soundtrack for almost any occasion, especially breakups.

You can't take it with you. My parents informed me long ago that any sort of inheritance is out of the question. Since you can't enjoy your money when you're in the ground, you might as well spend all of it before you go. Is this sound financial advice? Absolutely not. But nobody is going to remember you by the final balance in your bank account.

Moms (usually) know best. TARA WALTON/TORSTAR NEWS SERVICE

Hats off to a clean sweep

PHOTOS BY DAN KITWOOD/GETTY IMAGES

Chim Chim Cher-ee

Sooty set takes to the streets

A man dressed as a chimney sweep takes part in the annual Sweeps Festival on Monday in Rochester, England. The three-day festival dates back 400 years and was originally the one day in the year when chimney sweeps could afford time off to celebrate the coming of spring. This marks the festival's 32nd year since its reintroduction in 1981, with traditional activities including Morris dancers, who parade to Rochester Castle.

GETTY

Traditional chimney sweep Bryan Pearce, whose family has been sweeping chimneys for more than 300 years, poses for a photograph at the annual Sweeps Festival.

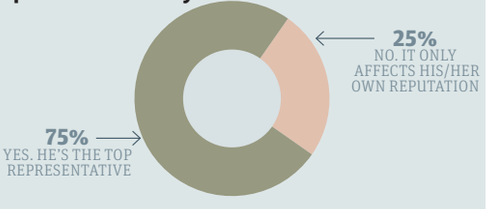
Dusting it off

- The traditional festival began to fade when the Climbing Boys' Act in 1868 made it illegal to hire young boys to sweep.
- A businessman and historian, Gordon Newton, revived the festival in 1981.
- Today, the festival is the largest May Day celebration of its kind in England, with dancing and performances by some of the biggest names in folk music.

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

Does a mayor's behaviour affect the reputation of a city?



Twitter

@IAmJericho: Old guy just told me he's been watching me for 20 years. That means he's from Calgary, Winnipeg or Japan-his southern accent says otherwise.

@pkunkweare: No matter how many times they 'renovate' it, the parkade behind The Hudsons Bay Co. in #Winnipeg always looks on the brink of collapse.

@jvhanna: Took me 20 mins to go from Grant to Portage on Route 90 this morning. Normally takes 2-5 mins. I hate you Winnipeg.

@ZachFleish: Dear #winnipeg, please build some form of a rapid transit line where it could actually be beneficial, e.g. Kenaston.

@cakeologycakes: oh crumby rainy day... come console the grey's with a happy cupcake!

metro

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SCENE

Scene in brief

News network aimed at Latinos in the works

ABC News and Univision are teaming up to start an English-language news network aimed at Latinos. The networks said Monday that a website and mobile content will be available this year. A television network is expected next year. Univision News President Isaac Lee says the network, as yet unnamed, will not only inform Latino Americans but let viewers of all nationalities know what issues are important to people within that growing demographic. Disney and ABC Television Group chairwoman Anne Sweeney say the venture is an important step in broadening ABC's reach.
THE ASSOCIATED PRESS

On the web

Oops! Stradivarius cello worth $20M broken in accident in Spain

A new documentary about the great reggae legend, Jamaican musician Bob Marley. THE CANADIAN PRESS

Separating the man from the myth

Marley. New documentary about iconic singer aims to show what Bob Marley was like as a friend, father and lover

PAT HEALY
Metro World News in Boston

When award-winning director Kevin MacDonald (Last King of Scotland) turns his attention to a Bob Marley documentary, it's obviously going to go far beyond the "every little thing's gonna be all right" aspect of the late reggae legend.

"When I saw other things done on him in the past and read other books, I never felt like I knew him as a person," says the director.

"The aim is to see him as a man — what he was like as a lover, as a friend."

While he was alive, Bob Marley did very few on-camera interviews, so MacDonald had to unearth other sources, which included Marley's teacher, his half-sister and a childhood friend.

"The main challenge of the film was getting the people to talk," says MacDonald.

"About a third of them have never spoken (about Marley) before."

In the film, simply titled Marley, MacDonald also provides an honest look at Marley's family life — he had at least 13 children from eight different women — and daughter Cedella speaks frankly about how the communal living situation at the singer's house deprived her of important time with her father.

"She felt that sense that he was always surrounded by the brethren," says MacDonald.

"It was a religious order, almost a military setup. He was called 'Skipper,' and he ran a very tight ship. He was strict with [his musicians] — he made them rehearse a lot. [Many people have an] image of Rastas that they lazed around smoking ganja all day, but in fact he was this driven guy."

Quoted

"(Many people have an) image of Rastas that they lazed around smoking ganja all day, but in fact he was this driven guy."

Marley director Kevin MacDonald on Bob Marley's work ethic and expectations of his band

MacDonald says his own international experience helped reinforce his notion that it was time somebody re-examined the life of Bob Marley on film.

"When I was making The Last King of Scotland, I made that in Uganda and I was amazed by how in the slums of Uganda, you'd come across huge lots of Rastas singing Bob's music, playing Bob's music, doing murals of his face, graffiti of his lyrics. I was just realizing how Bob still speaks to people. ... In Tibet, Indonesia — not just an audience of college stoners or Western people who chill out and love the vibe of it.

"It's also music that has a message that continues to appeal to people around the developing world. And that's the key about understanding Bob — he's the only Third World superstar.

"He didn't come from North America or Europe, he came from abject poverty, he grew up in a shack in the hills of Jamaica sleeping on an earth floor. ... So when you go to Indonesia, people have never heard of the Rolling Stones, but they've all heard of Bob Marley.

"In Nigeria, they've got streets and squares named after him."

DVD reviews

Underworld: Awakening

Directors. Mans Marlind, Bjorn Stein

Stars. Kate Beckinsale, Michael Ealy

As Underworld: Awakening opens, vampire avenger Selene (Kate Beckinsale, still wearing that glorious skin-tight catsuit) has been in cryogenic deep freeze for 12 years, while knuckleheaded humans slowly figured out that there's been an undead riot goin' on below the greasy mean streets of Underworld land. In this, the fourth chapter of an increasingly dull horror fantasy franchise that pits vampires against werewolves against humans, Selene is awakened from her chilly slumber. She learns humans have not only discerned the presence of vampires and Lycans (werewolves) in their midst, they've come close to eradicating them. It's time to hang up Kate's catsuit and drive a wooden stake into Underworld.
PETER HOWELL

The Vow

Director. Michael Sucsy

Stars. Rachel McAdams, Channing Tatum

Based on a true story, but more accurately inspired by the romantic fantasies that fuel many a Valentine's Day movie date, The Vow is an example of personal chemistry barely exceeding genre formula. Channing Tatum and Rachel McAdams are Leo and Paige, a couple who are all wrong for each other until they realize they're all right. Cupid wins, marriage ensues, but the cooing is silenced by the dump truck that sends Paige to hospital and her memory to limbo. She can't remember who Leo is and can't imagine he'd be her husband. There's no mistaking elements of The Notebook here, which McAdams also starred in, and director Michael Sucsy doesn't scrimp on the suds. But Tatum and McAdams make a fine pair.
PETER HOWELL

Toni Morrison, on coming Home

New novel. Morrison's latest tells the story of a traumatized Korean War veteran who returns home to America in the 1950s

The Hudson River extends like the sun from the back of Toni Morrison's house, illuminated and infinite, undimmed by an unseasonably drab spring afternoon.

"It's interesting and soothing, and it changes constantly," she says from the comfort of a white armchair in her living room. "And at night, with the stars and the moon ..."

It's Saturday and the 81-year-old Morrison is in a relaxed, informal mood, wearing a grey blouse and slacks and dark slippers, a purple bandanna tied over her grey cornrow braids, her laugh easy and husky with a pinch of "Can-you-believe-this?"

You might mistake her for an ordinary neighbour ready for gardening until you see the pictures of her with James Baldwin, Gabriel Garcia Marquez and Elie Wiesel among others, or learn that the low wooden table by her chair was a prop from the film version of Beloved, her Pulitzer Prize-winning novel. Morrison does not need to worry about recognition in her lifetime. Nobel judges have honoured her, and so has Oprah Winfrey, whose book club picks have helped Morrison's novels sell millions. Two presidential contenders, Barack Obama and Hillary Clinton, sought her support in 2008 and Obama will soon present her with a Presidential Medal of Freedom, the country's highest civilian honour. Her play Desdemona, a collaboration with director Peter Sellars and the Malian singer-songwriter Rokia Traore, will be staged in London during the Summer Olympics.

The legend gets the glory; the real person works. Morrison has a new novel out, Home, a brief, poetic story of Frank Money, a traumatized Korean War veteran who returns to the States in the 1950s. Morrison has long used fiction as a private and alternative history, whether the Civil War (Beloved), the 1920s (Jazz) or colonial times (A Mercy). With Home, she wanted to add some truth — about war, about racism — to the standard '50s narrative.

Like Beloved, Song of Solomon and other Morrison novels, the book is a journey and a reckoning. Using bus money given to him by a pastor, Money travels from the Pacific Northwest to Chicago to his dreaded hometown, Lotus, Ga., "the worst place in the world," where nobody "knew anything or wanted to learn anything."

Warned from the start that the North is no less racist than the South, he encounters violence and segregation and the lawlessness of police. Once in Georgia, he is almost relieved. At least the pace is "human," Money observes, there was "time to instruct one another, pray for one another, and chastise children in the pews of a hundred churches."

Morrison, a native of Lorain, Ohio, never lived in Georgia. But for Home, she drew upon stories from her father, a native of Cartersville, Ga., and from her memories of the South when she was an undergraduate at Howard University in Washington, D.C. She was on tour with fellow theatre students in the early '50s and was moved by how blacks took care of her and each other, a bond dramatized in Home and many of her works. She knew what to expect from the whites in the South, but the revelation was how "lovely and generous and capable" the blacks were.

"If we arrived at a town where the faculty had made arrangements to spend the night and either the place we thought was nice, wasn't, or they didn't want the students to stay there, one of them would go into a phone booth. They would check the Yellow Pages for a black church and then call up a minister and say, 'We're from Howard University and we're a little chagrined because we don't have a place to stay,'" Morrison says. "And the pastor would say, 'Call me back in 10 minutes.' And in 10 or 15 minutes, he had rounded up his parishioners to take us in. We would go into these houses. And the women, they just fed us, took care of us, put us on these sweet-smelling sheets and cooked, and wouldn't take any money. We had to slip money under their pillows..."

As she gets older, Morrison says, the world becomes more interesting and more distressing. She is appalled at some of the remarks about Obama and the speculation that he was not an American citizen. But nature, and its mysteries, she responds to more than ever — the water, mountains, her garden. She watches Planet Earth on the Discovery Channel and marvels how it took "millions of years" for humans to evolve from "that thingy down there at the bottom of the sea."

THE ASSOCIATED PRESS

On the back burner

For her next novel, Morrison wants to write about a black intellectual, a shift from the uneducated characters who usually appear in her work.

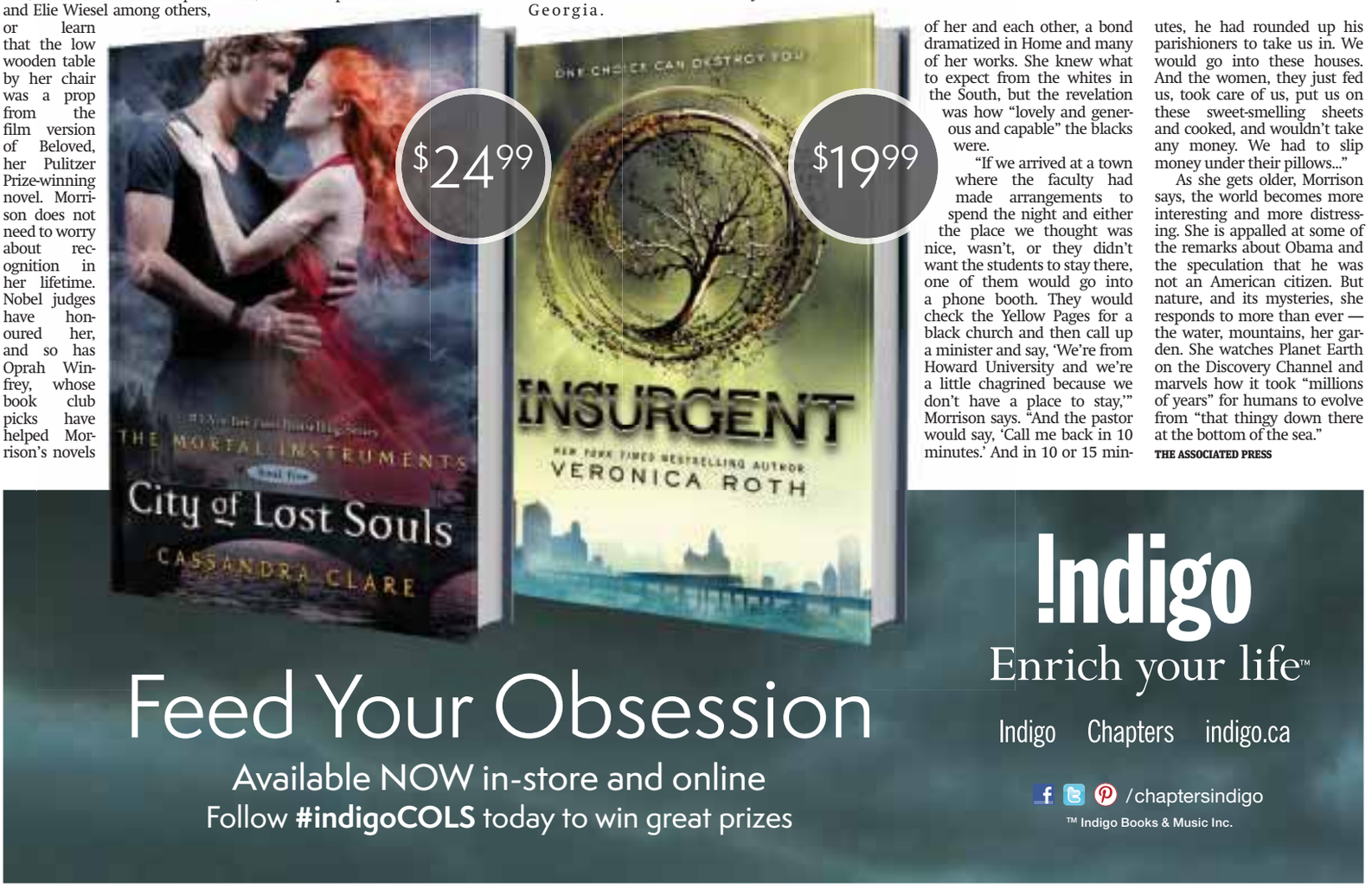
- **Staying grounded.** "When I'm not thinking about a novel, or not actually writing it, it's not very good; the 21st century is not a very nice place. I need it (writing) to just stay steady emotionally," she says.

Toni Morrison THE ASSOCIATED PRESS

Quoted

"I was really trying to take off that scab, or that veil, or whatever it is, off the '50s. We're told that it was good times — post-war, GI Bill, people had jobs and the television was full of happy stories and so on, and that's it."

Author Toni Morrison, on her new book, Home



Messing with marriage: Debra on divorce

Debra Messing is opening up for the first time about her divorce from husband of 20 years Daniel Zelman, admitting that "'til death do us part" might be asking a bit much these days.

"I think the institution of marriage is a noble thing. I think the idea of a partner for life is incredibly romantic," Messing tells Ladies Home Journal.

"But now we're living to 100. A hundred years ago people were dying at age 37. '"Til death do us part' was a much different deal."

Messing is reportedly dating her Smash co-star Will Chase, with rumours circulating that their relationship had something to do with the divorce.

Debra Messing ALL PHOTOS GETTY IMAGES

Twilight star goes limp on Leno

A round of reshoots on the final Twilight movie has proved painful for Kristen Stewart, who admits she suffered a "puncture wound" to her foot while re-filming a vampire hunting scene in Vancouver last week, she admitted to Jay Leno.

"I wasn't trying to have ultimate swag when I walked out. I hurt my foot," she told the talk show host after limping during her entrance.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Heckle Russell Brand at your own risk

MONICA WEYMOUTH
scene@metronews.ca

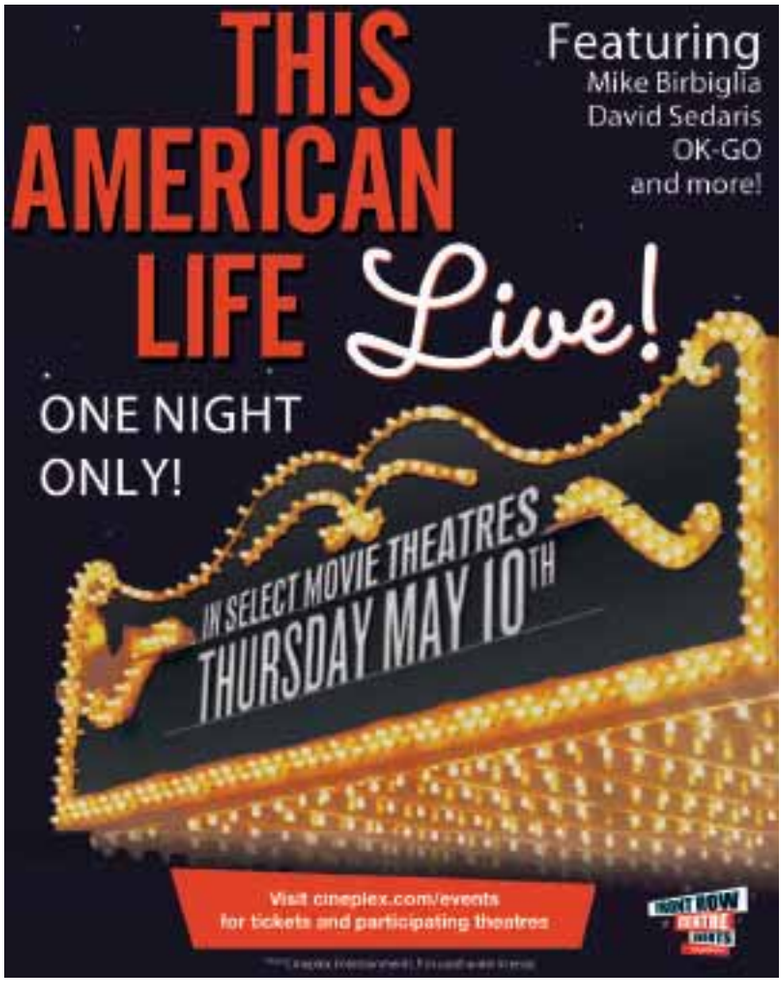
Russell Brand was likely expecting some heckling at his stand-up show Saturday night. It was, after all, Cinco de Mayo in Atlantic City, where tequila is always the breakfast beverage of choice.

But when one audience member wouldn't stop shouting "Katy Perry," the comedian left the stage to defend his ex-wife's honour — or, more accurately, summon the powers of his British accent to methodically, expertly shame a drunk Jersey guy.

"Let's see how your mental illness looks in the daylight," Brand said, requesting that the house lights be turned on. After asking the audience to out the heckler, Brand wasn't pleased with what he discovered:

"You look like something that's fallen off the side of a church. And what is it that you have rattling around in your mind? Some bizarre combination of alcohol and idiocy. Some cocktail of nothing."

Excuse us — "cocktail of nothing"? That, Russell, would be a Red Bull and Vodka, the patron drink of obnoxious Americans everywhere. Show a little respect.



MAY 15, 2012
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Medical clowns Nimrod Eisenberg, right, and Jerome Arous at Royal Victoria Hospital in Montreal. STEFANI FORSTER/THE CANADIAN PRESS

Sending in the clowns

Clowning therapy. Professional medical clown brings cheer to couples with fertility problems, and says it can improve their success rate

Nimrod Eisenberg never wanted to enter the family business — medicine.

He went to theatre school against his parents' wishes, eventually working as an actor, an acrobat and a circus clown — fields far removed from the careers of his parents — his father was a doctor and his mother a midwife.

But the fates had other plans for him. That pull of destiny, or perhaps of heredity, brought Eisenberg closer to his parents, albeit in his own unique way.

Eisenberg is now a professional "medical clown" — a red-nosed bringer of cheer to couples with fertility problems.

"I was the one who ran away from the family destiny, who did not want to go work in a hospital," he said. "Eventually, in a twist of fate, I'm immersed in hospitals, doctors and nurses." Medical clowning is part of a broader Israeli project Eisenberg joined 10 years ago called Dream Doctors, which brings "clowning therapy" to hospitals. It's based on the idea that the presence of clowns during medical treatment can help improve patients' success rate.

He and his partner-in-clown, Jerome Arous, arrived in big floppy shoes and bright red noses at the Royal Victoria Hospital's fertility wing in Montreal on Thursday, hoping to bring some levity to patients undergoing in-vitro fertilization treatments. The head of the fertility centre is thus far withholding judgment. There has been an Israeli study showing some benefit to the practice, but Dr. Hananel Holzer says he has yet to see a large enough study that confirms any medical impact from clowns.

THE CANADIAN PRESS

Clowning around

"The art of clowning, of improvisation and acting on the spot ... I believe it can make a huge difference in therapy and treatment, both of children and of adults."

Nimrod Eisenberg, medical clown

3 LIFE

Your health

Zinc may help zap a pesky cold

Researchers have determined that using zinc lozenges may shorten the duration of common colds in adults — but only by about two days.

An analysis of patient trials comparing oral zinc preparations to placebo found that adults appeared to benefit from sucking on zinc lozenges.

But lead author Dr. Michelle Science of Toronto's Hospital for Sick Children says the researchers did not find that children were helped by taking zinc.

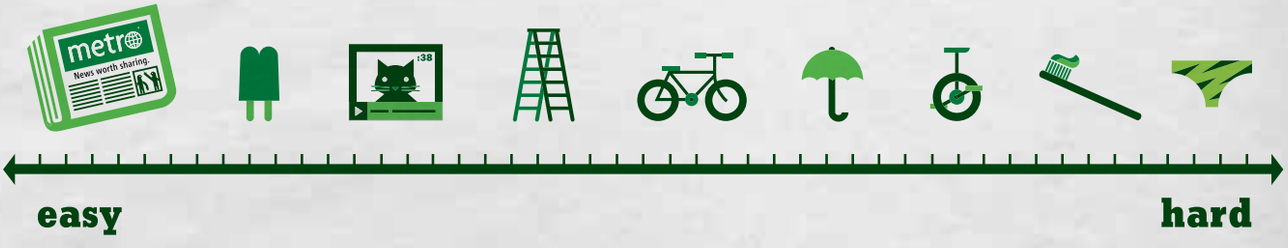
Science says that may be because most children in the studies were getting the zinc in a syrup and at a lower dose.

THE CANADIAN PRESS

On the Web

Americans are still getting fatter: forecast predicts jump in severe obesity over next 20 years

Sharability



Water Lily East Indian offers a tempting bazaar of spices

Tandoori Chicken. SVJETLANA MLINAREVIC

LUNCH RUSH
Svjetlana Mlinarevic
life@metronews.ca

Upon entering Water Lily, I was surrounded by a perfume of exotic spices — cardamom, coriander, ginger, chili and cumin. They enveloped me like a sari with the promise that this meal would be delicious.

Selecting from the scroll-shaped menu, I decided to open my meal with Vegetable and Beef Samosas ($1.99 and $2.99 respectively). Each samosa was hot and crisp and with every bite, I could taste each individual spice. The beef samosas were stuffed with chunks of meat, which came as a pleasant change from the typical ground-beef filling that's often used in meat samosas.

I then tried the Butter Chicken ($13.99) and the Tandoori Chicken ($9.99). While I found the tandoori a bit too dry, I did enjoy the butter chicken, which was tender, creamy and not too spicy.

To cool off, I finished my meal with a refreshing mango Lassi ($2.49).

The delicate balance of spices and heat at this restaurant is a hallmark of an exceptional cook. I will definitely come back again.

Visiting the restaurant

Water Lily East Indian Restaurant

Address. 90-166 Meadowood Dr

Phone. 255-2973

Rating. 4/5

Price range. $1.99 - $15.99

Co-worker lunch. Yes

Social lunch. Yes

Reservations. Yes

Firecracker almonds.
Hot-and-spicy snack is full of flavour & nutrition

1. In a skillet combine oil, chili powder, curry powder and garlic powder over medium heat. Cook, stirring until hot and bubbly.

2. Stir in almonds, tossing for about 3 minutes or until almonds are evenly coated and heated through. Remove from heat and cool slightly. Stir in pepper sauce and cayenne.

3. Let cool completely before serving.

NEWS CANADA/ ALMOND BOARD OF CALIFORNIA/ ADAPTED BY EMILY RICHARDS (PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR AND TV CHEF. FOR MORE, VISIT EMILYRICHARDSCOOKS.CA)

Ingredients

- 1 tbsp (15 mL) olive or almond oil
- 2 tsp (10 mL) chili powder
- 1 tsp (5 mL) curry powder
- 1 tsp (5 mL) garlic powder
- 2 cups (500 mL) toasted whole natural almonds
- 1/2 tsp (2 mL) hot pepper sauce
- 1 tsp (5 mL) cayenne pepper

6oz Filet Mignon & Shrimp
With rice, vegetable and choice of potato.
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Anchovy-oil pizza 101

If anchovies gross you out, know this — compared to what people ate before there were anchovies, they're practically like cake and ice cream.

Until around the 16th century, there were no anchovies as we know them today: small silvery fish that are boned, salt-cured and packed in oil. Instead, there was garum — the juice of salted and fermented fish guts. Garum lost favour about 500 years ago when people learned how to make anchovies.

Anchovies, however, are not a singular fish. Most cuisines around the world have their own "anchovy," most of which tend to be variants of a relative of the herring.

But given the potential 'ick' factor, why eat them? Simple — they are flavour bombs that lend serious pizazz to whatever they are added to. And the good news is that the flavour they impart isn't even a bit fishy.

Here's why. After months of salt curing, the dominant flavours in anchovies are from enzymes and good bacteria, not the flesh itself (of which there is little). The result is an intense blend of fatty, salty, savory, meaty, even a bit cheesy.

Even better, when you cook anchovies they dissolve, leaving behind a savoury flavour but no evidence that any fish were harmed in the making.

This recipe keeps the pizza simple in order to let the anchovy oil really shine. But if you prefer a heavy-duty pizza, by all means pile on the toppings.

This recipe serves four. MATTHEW MEAD/ THE ASSOCIATED PRESS

1. Heat oven to 500 F. Spray 2 baking sheets with olive oil cooking spray.

2. In food processor, combine flour and salt, then pulse to combine. With processor running, add 1 tbsp of olive oil, then slowly drizzle in the water until the dough forms a tacky (but not wet) ball. If the dough is too dry, add water 1 teaspoon at a time and pulse until it holds together easily when squeezed.

3. Transfer dough to lightly floured counter. Divide dough into 4 equal pieces. Using a floured rolling pin, roll each piece to the size of a large dinner plate. Place 2 flatbreads on each baking sheet and set aside.

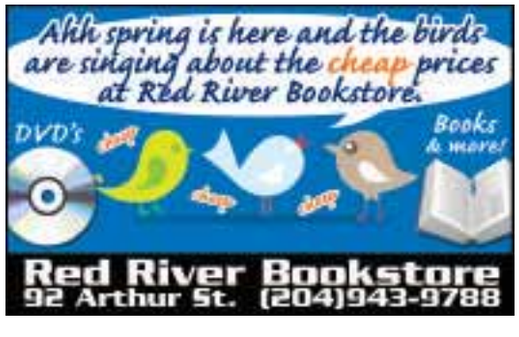
4. In a small bowl, combine the remaining 2 tablespoons of olive oil, the anchovies, garlic and red pepper flakes. Mash with a fork until chunky smooth.

5. Use a pastry brush to coat each flatbread with the anchovy-oil paste, then top each with a quarter each of the spinach and mushrooms.

6. Finish each pizza with 1/2 cup of cheese. Bake for 10 minutes, or until lightly browned at the edges and the cheese is melted. THE ASSOCIATED PRESS

Ingredients

- 1 cup all-purpose flour
- 1/2 teaspoon salt
- 3 tablespoons olive oil, divided
- 1/4 cup warm water
- 2 oil-packed anchovy fillets
- 2 cloves garlic, crushed
- Pinch red pepper flakes
- 2 cups baby spinach
- 1 cup sliced white button mushrooms
- 2 cups shredded fontina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metro
HOME RENOS
Tuesday, May 8, 2012

Projects like painting, remodelling your kitchen, adding a second bathroom or finishing the basement and attic are renovations you can do yourself. RON CHAPPLE STUDIOS/THINKSTOCK

Financing options

Planning. You should have a good idea of budget, labour and material costs

YLVA VAN BUUREN
For Metro

Have you bought an old property and need to fix it up? Had kids ... and need another room? Or just want to add a second bathroom?

Geoff Dillon, senior director of retail and business banking for CIBC, says in planning a home renovation, you should have a good idea of budget, labour and material costs, and if you need to finance the renovations, the specific time period to repay it.

Here are financing options.

• Cash on hand. If you are looking at a renovation that will cost $10,000 or less, you may have cash put away for that. But don't deplete all of the money you have saved — just in case, says Dillon.

• Credit card. You could put materials, etc., for smaller renovations on credit but be careful not to carry the balance for too long. Interest rates can be very high.

• Line of credit. A line of credit provides the most flexibility in that you only borrow what you need, when you need it. "These projects can take months," says Dave Stafford, managing director, real estate secured lending, Scotiabank, "and you draw only the funds you need — and pay interest on the actual costs you incur."

There are two kinds:

• Secured line of credit (secured against real estate). If you have equity in your home, this is probably the best financing option, says Stafford. And the interest rate is lower than most personal loans and credit cards.

• Unsecured line of credit. Approval is based on your overall credit history, income, the amount of money you are looking to borrow and the amount of money you have already borrowed. The interest rates would be higher on this line of credit because it is unsecured.

• Mortgage refinancing. Refinancing your existing mortgage lets you spread repayment over a long period at mortgage interest rates. Because it's fixed, you have to know upfront what you want to borrow. Also, there are rules around how much you can refinance. For example, Canada Mortgage and Housing Corporation caps refinancing at 85 per cent of the home's value, says Stafford.

• Personal loan. One benefit of a personal loan, says Dillon, is the clear payback time frame. A five-year loan would be paid back in five years.

Eco-friendly. Feel better about your home

An eco-friendly renovation is a well-planned project that is in response to your needs — and no more, says François Fortin, technical and sustainable construction services, RONA. Environmentally friendly materials are used whenever possible, says Fortin. And the renovation improves energy efficiency and reduces demand for water overall.

"While it is about saving money," says Chris Higgins, homes expert with the Canada Green Building Council in Vancouver, "it's also something you can feel better about."

Here are some eco-friendly choices:

1 Source building products locally to cut down on transportation miles.

2 Look for recycled materials. For example, Winnipeg's Anpex makes flooring and countertops out of crushed porcelain from toilets.

3 For healthy flooring, always choose a hard material such as hardwood, linoleum and vinyl tile instead of installed carpeting. "Statistics show that at the end of its life, 30 to 40 per cent of the weight of carpet can be dirt," says Higgins.

4 Look for FSC (Forestry Stewartship Certification) certification on wood products. FSC means trees were harvested in a responsible manner.

5 Use low VOC (volatile organic compound) paint and floor finishes.

6 Choose Energy Star rated products such as appliances and windows. The designation identifies energy efficient products. (An old fridge can use 15 per cent of electricity consumed in a house that's heated by gas.)

7 If you are removing drywall, etc., improve insulation. "Insulating your attic is like wearing a toque in the winter time," says Shaun Loney, executive director of BUILD, a non-profit contractor in Winnipeg specializing in energy and water efficient retrofits. Insulating the basement is like wearing pants. Payback will be about three years.

YLVA VAN BUUREN

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Dig these landscaping tips for first-timers

KELLY PUTTER
For Metro

As a first-time homeowner you are deluged with so many plans for your new address that settling on a flower bed here versus a pair of shrubs there can be overwhelming.

Spend your landscape dollars wisely and do plenty of research before heading out to the garden centre, advises Denis Flanagan, public relations director for the Landscape Ontario Horticultural Trades Association. By following these two rules you are less likely to blow your budget or end up with tropical plants that don't have a hope of surviving the arctic climate in which you live.

"Do your homework and try to get a bit of a road map to guide you is the secret," he says. "We're a bit like kids in a candy store, especially at this time of year. Doing your research ahead of time will help you avoid buying on impulse."

If you have earmarked some money for your outdoors, Flanagan highly recommends investing in a landscape designer or consultant.

A good designer will assess your needs and lay out a gardening plan that can be done gradually over a number of years, depending on your budget.

But if hiring an expert is out of reach, there are plenty of alternatives. Once you get to know your new neighbours and their gardens, ask if they are interested in trading seeds and cuttings from plants that need to be divided. Do the same with friends, relatives and co-workers.

Flanagan recommends joining your local horticultural society. Often, these groups offer free or low-cost seminars and talks on a wide range of landscape and gardening concerns. In addition, this is where you will learn about community plant swaps and sales that don't break the bank.

Some municipalities offer soil, mulch, compost and even trees for free. For stones, bricks and other gardening materials, check out demolition sites, but get permission first.

Flanagan warns that you need to be careful about what you plant in your yard. Just because something is free doesn't mean you will want it, no matter how beautiful. Certain plants are invasive and will choke out others so be mindful. Again, do your research.

When in doubt, ask an expert at landscapeontario.com, where questions are fielded by master gardeners.

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If you choose a do-it-yourself project, expect it to take longer, but to cost less than hiring a professional. JUPITERIMAGES/GOODSHOOT/THINKSTOCK

DIY. It's all about cost, comfort and knowledge

JON TATTRIE
For Metro

After pouring your life savings into buying your first home, you may balk at spending more money for that final renovation. But how do you know when to do it yourself and when to call in a contractor?

Mag Ruffman, the DIY guru behind shows like A Repair to Remember and Lowes Family Fun Projects at Lowes.ca, says the first questions is — will you DIY and die?

"The question I always ask is, 'Has anyone died doing this?'" she says, only half joking.

If the answer is yes — and that often involves electrical or plumbing — you will want to call in a pro. "It's not something you can make assumptions about and assume you'll be lucky," she says. "Luck tends to work against you."

Beyond that, it comes down to comfort, cost and knowledge. Ruffman says you can get comfortable with basic power tools to handle jobs like drywalling if you have an expert show you the ropes.

Ruffman observes that with home renovations, you can have any two of good, cheap or fast — but not all three. If you DIY, expect it to take a long time, but to cost less. A pro will cost more, but will likely be faster. For big jobs, consider compromising to bring down the cost. Gut the bathroom before hiring a pro to install the new one, or have a pro build the frame of your deck and do the decking yourself.

Ruffman says that while the knowledge of redoing flooring is fairly easy to obtain, carpeting requires tools and skills. Bathrooms and kitchens play an outsized role in the resale value of your home, so think carefully before doing it yourself.

Jim Rivait, CEO of the Canadian Homebuilders Association in Alberta, says a good contractor will also know the building code and what permits are required.

He adds that electrical problems can lead to fires, and plumbing miscues can cause floods.

Rivait says if you hire a pro, look for the RenoMark. "They can be assured the renovator follows a certain code of ethics," he says. "They have to provide some form of warranty."

RenoMark currently operates in six provinces and plans to go nationwide soon.

NHL

GM Gillis keeps job with Canucks

Mike Gillis will continue to call the shots for the Vancouver Canucks.

The club agreed to a contract extension on Monday with Gillis, who has served as the team's president and general manager for four seasons. THE CANADIAN PRESS

CFL

Quinlan getting CFL invite, says source

Kyle Quinlan will be going to CFL training camp.

A source requesting anonymity said Monday that the QB who led McMaster to the 2011 Vanier Cup title has agreed to terms with a CFL team. It wasn't clear which team Quinlan was heading to

Kyle Quinlan THE CANADIAN PRESS FILE

but the source added Quinlan will go to training camp with an opportunity to compete at quarterback.

THE CANADIAN PRESS

MLB

Giants' Mota gets 100-game ban

San Francisco Giants reliever Guillermo Mota was suspended for 100 games on Monday for a positive drug test. The commissioner's office said the right-hander tested positive for Clenbuterol.

THE ASSOCIATED PRESS

NBA

"I feel surprisingly great."

Ray Allen, Boston's 36-year-old shooting guard. Allen, along with Celtics teammates Paul Pierce, 34, and Kevin Garnett, 36, all appear to have some life in their old bones. The Big Three (plus Rajon Rondo) have led the Celtics to a 3-1 lead over the Hawks. Game 5 is Tuesday night in Atlanta.

Rangers wait till waning moments to crush Capitals

NHL. New York ties it in final seconds before winning Game 5 in OT

Game 5

Rangers	Capitals
3	2

Marc Staal scored a power-play goal 1:35 into overtime after Brad Richards tied it in the dying seconds of regulation to lift the New York Rangers to a stunning 3-2 victory over the Washington Capitals in Game 5 of the Eastern Conference semi-finals Monday night.

With Henrik Lundqvist pulled for an extra attacker, Washington's Joel Ward took a four-minute penalty for high-sticking Carl Hagelin with 21.3 seconds left in the third period. Richards tied it on the first half of the power play with just 7.6 seconds to go, and Staal won it with a drive that appeared to deflect off a Washington player before beating Braden Holtby.

The Rangers can advance to the Eastern Conference finals on Wednesday in Washington.

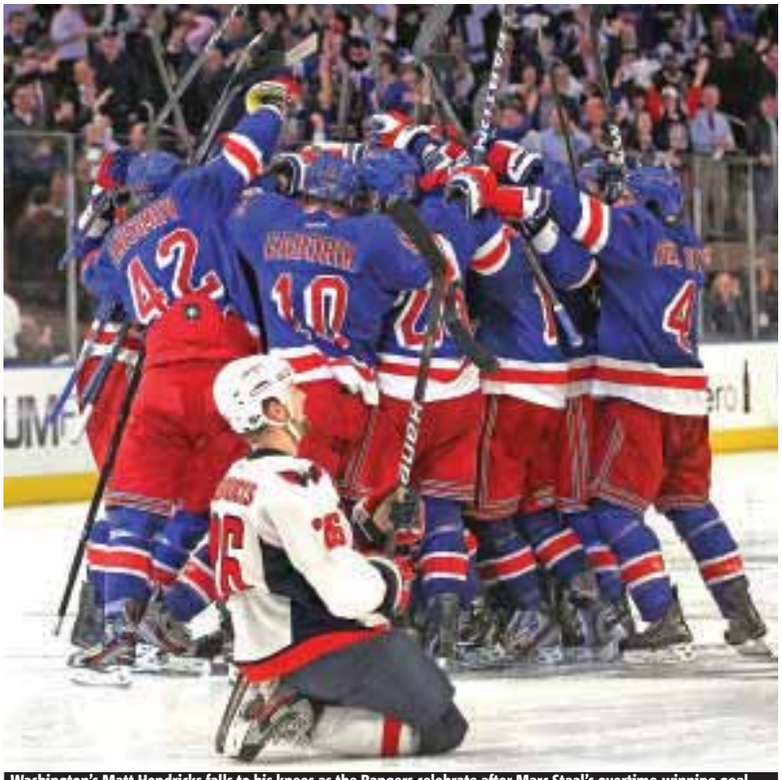
With the crowd still buzzing over the shocking tying goal, a din that held up through the long intermission, John Mitchell won a faceoff in the Capitals' end to start the winning play. Staal corralled the puck at the right point, glided to the centre of the zone, and fired the drive that set off a wild celebration at Madison Square Garden.

The Rangers mobbed each other at centre ice as the crushed Capitals trudged toward the tunnel to their dressing room and then raised their sticks to the crowd as red, white and blue streamers cascaded down from the rooftop.

The celebration, which culminated in fireworks as the three stars were announced to the crowd, seemed almost inevitable after Richards tied it.

After no success with traditional 5-on-4 power plays, the Rangers made the most of their 6-on-4 edge as Lundqvist watched from the bench.

Michael Del Zotto took a shot that hit traffic in front to the right of Holtby. Ryan Callahan took two or three hard whacks at the loose puck, but couldn't get it forward. Richards jammed his stick into the maze of legs and poked the puck past Holtby just before he was able to cover it with his glove. THE ASSOCIATED PRESS



Washington's Matt Hendricks falls to his knees as the Rangers celebrate after Marc Staal's overtime-winning goal.
BRUCE BENNETT/GETTY IMAGES

Local boy looks to stick with Goldeyes

Anthony Friesen
DAVE BAXTER/METRO

Pitcher Anthony Friesen was working at his parent's small business in the tiny town of Somerset when he got the call from the Winnipeg Goldeyes that he hopes will change his life.

The 22-year-old left-hander from Swan River is the only Manitoba-born player invited to training camp in 2012.

"I was working in a town with about 350 people," said Friesen. "They called me on a Saturday afternoon and wanted me down here the next day.

"When I was younger, I came down and watched this team, and now I'm going to play for them. It's exciting."

Friesen said he has worked hard to get this opportunity. He emailed the club looking for a shot and said he believes he deserves it.

"I played most of my minor ball in Somerset, and in 2010 I won nationals with the Pembina Valley Orioles. Last year, I was at Minot State University where I made the second-conference all-star team."

Goldeyes manager Rick Forney says the key to Friesen's success is keeping his feelings in check.

"Hopefully he can keep control of his emotions," said Forney. "I'm sure he is going to be nervous and it's not easy for a guy with little experience to get guys out with AA and AAA experience.

"Hopefully he keeps everything under control and throws strikes."

Friesen was expected to be on the mound Monday night at Shaw Park for the Goldeyes in the first exhibition game of the season against the St. Paul Saints.

DAVE BAXTER/FOR METRO

NHL

Giroux banned for do-or-die Game 5

Claude Giroux has to watch Philadelphia's attempt at saving its post-season from the sidelines.

Giroux was suspended by the NHL on Monday for his illegal check to the head on New Jersey centre Dainius Zubrus in Game 4 of the Eastern Conference semifinals. The punishment leaves the Flyers without their all-star forward and leading scorer as they try and rally from a 3-1 deficit.

THE ASSOCIATED PRESS

4 SPORTS

MLB

"I was trying to hit him. I'm not going to deny it."

Philadelphia left-hander Cole Hamels on Sunday night, after he nailed Washington rookie Bryce Harper with a fastball in the small of the back in his first time up during the Phillies' 9-3 win. Major League Baseball suspended Hamels for five games on Monday for intentionally throwing at the 19-year-old Nationals phenom.

"I think unfortunately the league's protecting certain players and making it not that old-school, prestigious way of baseball.... It's just, 'Welcome to the big leagues.'"

Cole Hamels on Sunday.

On the web

New York Knick Amare Stoudemire's choice to punch a fire extinguisher after a playoff loss to the Miami Heat last week was ill-advised, to say the least. But he's hardly the first athlete to take out frustration on an inanimate object and sports psychologist Jack Watson says such outbursts can be linked to how athletes are hard-wired. Scan the code for the story.

Spurs cruise past Jazz

San Antonio's Tim Duncan blocks Devin Harris during the Spurs' 87-81 win over the Jazz on Monday night in Utah. Manu Ginobili broke out of his shooting slump with 17 points to lead the Spurs to the victory and a sweep of Utah in the first round. STEVE DYKES/GETTY IMAGES

'Future is bright' as new owner steps up for Coyotes

NHL. Commissioner announces preliminary agreement with former Sharks CEO

Greg Jamison, left, listens during NHL commissioner Gary Bettman's press conference Monday night in Glendale, Ariz. ROSS D. FRANKLIN/THE ASSOCIATED PRESS

The Phoenix Coyotes are a step closer to having an owner after three years of waiting.

NHL commissioner Gary Bettman announced Monday that the league has reached a preliminary agreement to sell the team to a group headed by former San Jose Sharks CEO Greg Jamison.

Bettman said the league and the group will work toward reaching a formal sales agreement while Jamison negotiates with the city of the Glendale on a new lease for Jobing.com Arena. Bettman said he hopes to have the sale completed in a matter of weeks, not months.

"We didn't have a formal announcement to make; this is more of an update to where things are," Bettman said before Phoenix and Nashville played Game 5 of their best-of-seven playoff series. "But we think things are on track and see light at the end of the tunnel. This is a path, based on everything we know, we're comfortable pursuing."

Jamison still must complete negotiations on a lease with the city of Glendale, always the nagging issue in the league's attempts to sell the team, which the NHL purchased out of bankruptcy. The sale also would have to be approved by the league's board of governors.

The anticipated announcement of the tentative agreement first was reported by the Phoenix Business Journal.

"It's been some interesting times, some ups and some downs, but the future we believe is very bright," Jamison said. "The future is bright for participants, for fans and sponsors and suite holders, and we're excited about it."

THE ASSOCIATED PRESS

Bulls face uphill battle versus 76ers

It seemed almost unthinkable that the Chicago Bulls could be in this spot.

Yet here they are, trailing the Philadelphia 76ers 3-1 in the first round and trying to avoid elimination as they return home for Game 5 on Tuesday night.

If the Bulls lose, they will be just the fifth No. 1 seed to fall to an eighth seed. It would also give Philadelphia its first series victory since 2003, a scenario few envisioned when the post-season started.

They also realize it'll take a wild comeback for them to advance, particularly given their injuries. They lost Derrick Rose for the remainder of the season to a torn anterior cruciate ligament in his left knee in the series opener, and centre Joakim Noah will likely sit out a second straight game due to a sprained left ankle.

As they staggered back home following Sunday's 89-82 loss, they sure looked like a beaten team. History says they're just about finished, too. Only eight teams have come back from a 3-1 deficit to win a best-of-seven series.

Quoted

"It's been a crazy year from beginning to right now."
Chicago guard Richard Hamilton

Bulls guard Richard Hamilton wasn't conceding anything. He was with Detroit when the Pistons turned the trick in 2003, beating Orlando in the first round after having fallen behind 3-1 and advancing to the conference finals.

"Right now, it's personal. It's not just about business.... It's personal. This is it," said Hamilton.

The only other eight seeds to knock off a No. 1 are Denver (1994), New York (1999), Golden State (2007) and Memphis last season, when it eliminated San Antonio.

THE ASSOCIATED PRESS

Baron Davis GETTY IMAGES FILE

NBA

Knee injury could finish Knick Davis' career

Baron Davis has torn the anterior cruciate and medial collateral ligaments in his right knee, a potentially career-threatening injury for the Knicks' 33-year-old point guard.

The Knicks said Davis will have surgery this week and is expected to be out a year after an MRI on Monday also revealed a partial tear of the patella tendon. Knicks coach Mike Woodson said Monday he also isn't counting on Jeremy Lin to return Wednesday for Game 5 of their series in Miami.

THE ASSOCIATED PRESS

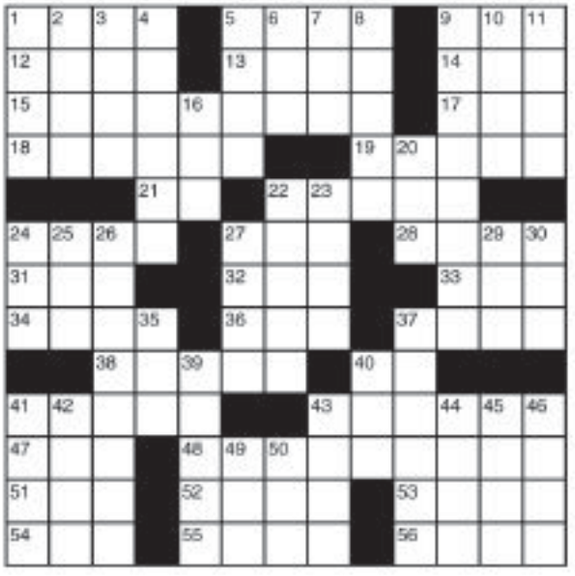
Crossword

Across

1 Old man
5 On
9 Omega preceder
12 Grand-scale tale
13 Aching
14 A long time
15 Tyro
17 Arctic bird
18 Australian city
19 Mad
21 Gridiron score (Abbr.)
22 It's mostly discretion
24 Alger's "before"
27 Proscription
28 Cried
31 Melody
32 Choose
33 Geologic time
34 Escape
36 Conk out
37 Yuletide mood enhancer
38 Stick in the mud
40 Little — -Peep
41 Huge home
43 Body of work
47 Sphere
48 Cash
51 Meadow
52 Stench
53 Peer acceptability, for short
54 Hudson co-star
55 Existed
56 "CSI" actor George

Down

1 Cribbage props
2 Nashville entertainment
3 Multicolored
4 Perfumery output
5 Wan
6 As well
7 Bobby of hockey
8 Punishment-related
9 The Owl and the Pussycat's boat color
10 Acerbic
11 Black
16 Simpsons' neighbor Flanders
20 Promptly
22 Dull
23 Initial stake
24 U.K. fliers
25 Be unwell
26 Wisconsin city
27 Presage
29 Paid player
30 Observed, to Tweety
35 Type squares
37 Root
39 Downstairs
40 Plead
41 Shape
42 Vicinity
43 Fairy-tale baddie
44 Miles of movies
45 Sax player's need
46 Tackles' teammates
49 Keatsian opus
50 Postal creed word



Sudoku

8		1				5		6
	7		8		6		4	
6								8
		5	6		8	3		
	8						1	
		4	9		7	8		
3								2
	6		2		9		7	
4		9				6		3

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's Sudoku

3	9	6	2	7	8	5	1	4
5	4	7	6	1	9	3	2	8
1	2	8	5	3	4	7	6	9
4	1	2	3	8	6	9	7	5
6	7	9	4	2	5	8	3	1
8	5	3	7	9	1	2	4	6
2	8	5	1	6	7	4	9	3
9	3	1	8	4	2	6	5	7
7	6	4	9	5	3	1	8	2

Yesterday's Crossword

P	A	P	A		W	I	T		H	E	A	T		
E	G	O	S		A	C	E		O	U	C	H		
E	U	P	H	O	R	I	A		B	R	I	E		
R	E	S	E	A	T		M	O	N	O	D	Y		
			N	T	H		S	W	A	P				
A	B	E		S	O	L		L	I	E	G	E		
L	A	U	D		G	E	E		L	A	N	A		
P	A	L	E	D		I	M	P		N	U	T		
		O	P	E	D			P	O	W				
B	E	G	O	N	E		E	N	A	M	E	L		
I	S	I	S		E	U	R	Y	D	I	C	E		
N	A	Z	I		P	R	O		E	R	R	S		
D	U	E	T		S	I	R		D	E	U	S		

Cryptoquip

How to play

This is a substitution cipher where one letter stands for another. Eg: If X equals O, it will equal O throughout the puzzle.

SB NPVXPIX KXCDUJXY VK.

QXGKSQ PI RGX YSUVPIY,

FPW JPWDY NUF RGUR GX

CDUFXY SI DSXW PB DPW.

Yesterday's Cryptoquip: WHAT SONG MIGHT SOMEBODY SING WHILE REMODELING APARTMENT WALLS? "GOODBYE, OLD PAINT."

Today's Cryptoquip Clue: R equals T

For today's crossword answers and for expanded horoscopes, go to metronews.ca

Weather

TUESDAY	WEDNESDAY	THURSDAY
MAX: 15° MIN: 5°	MAX: 18° MIN: 1°	MAX: 22° MIN: 6°

BT BREAKFAST TELEVISION

JENNA KHAN
WEATHER SPECIALIST

"Weather impacts everything we do. Providing the information you need before you head out that door and take on the day is the best part of my morning." **WEEKDAYS 6 AM**

Horoscope

Aries | March 21 - April 20. Aim to make money and move up in the world.

Taurus | April 21 - May 21. At some stage today you will come to the conclusion that some of the things you fear are nothing more than illusions conjured up by your overactive imagination.

Gemini | May 22 - June 20. You've found it difficult to trust certain people in recent weeks, which has had a negative effect on relationships. Starting today your confidence in them will be restored.

Cancer | June 21 - July 22. You know what you want but try not to be too pushy or impatient because that could cause resentment among those who don't share your hunger to succeed.

Leo | July 23 - Aug. 22. Any plans you've had to put on hold in recent weeks can start moving forwards again now.

Virgo | Aug. 23 - Sept. 22. Use your powers of persuasion wisely and you will get whatever it is you desire.

Libra | Sept. 23 - Oct. 22. Make a point of talking to people today, even people you would usually go out of your way to avoid.

Scorpio | Oct. 23 - Nov. 21. If someone tries to tell you to work harder today you must tell them to mind their own business.

Sagittarius | Nov. 22 - Dec. 21. You need to shake things up a bit.

Capricorn | Dec. 22 - Jan 20. If for any reason you are less than happy with what's taking place at home or at work you must speak up.

Aquarius | Jan. 21 - Feb 18. You will have a great idea today, but you would be wise to keep it to yourself.

Pisces | Feb. 19 - March 20. News you receive from afar will help you make sense of something that has been confusing you.

SALLY BROMPTON

Caption Contest

"Peek-a-bear"
Debbie

COURTNEY SPRADLIN/THE LOG CABIN DEMOCRAT, THE ASSOCIATED PRESS

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You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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